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dishes they use the word *ukukanuka*, meaning to be sharp and acid, like lemon-juice, in the mouth,[1] but very few acid fruits were eaten before the introduction of different citrus trees by the white man. Children eat lemons unsweetened and enjoy the bite of the acid, unlike most Europeans. The word *ukusasa* is used of foods that have gone sour or fermented, like beer a few days old, while *ukululula* describes the bitter taste of some of the wild spinaches which the women try to make more palatable with the addition of potash salts (*ifisakikisa*) prepared from bush plants or ground-nut sauce. Sweet foods, in the sense of those with a sugary taste, are rare, though honey is sometimes found and is considered a great delicacy,[2] and the stalk of the sweet sorghum (*icisale*) is chewed by children. The fruit of the *umupundu* and the *umunaku* trees are also sweetish. But sweetness in the sense that we understand it is not a term that could be applied to any Bemba dish, and the word *ukuloa* which is used to translate the English 'sweet' really means to be pleasant or palatable. Sugar becomes almost a necessity when natives have become accustomed to it, and the children brought up in urban areas where it is the fashion to use it, find it impossible for a time to eat *ubwali* without it when they are sent back to their own villages.[3] Strong tastes such as ginger root, peppermint, aromatic or hot flavours apparently do not exist, except for the pepper known as *mpilipili*, which is occasionally dried and used as a relish and described as making the mouth hot.[4] In fact, strong tastes are definitely not characteristic of Bemba diet.

(*b*) *Salt hunger*. Of the special cravings recognized by the Bemba the longing for salt is probably the most pronounced. Salt has always been hard to get in this country, and meat and other foods richly supplied with it are rare. In the old days the natural salt found in the pans at Mpika[4] and crystallized out into roundish lumps was among the few goods traded about the country. These salt balls were valued so highly that they were used as tribute to be given to chiefs, who themselves distributed them as rewards to faithful followers. To a certain extent they do so still. The process of evaporating salt from river grasses is

[1] E. B. H. Goodall adds 'salty': *Some Wemba Words*, p. 44.

[2] It is interesting to note that honey is considered bad for a sick person because it 'makes the heart bear fast'.—

[3] This is in marked difference to W. African diets, where most dishes of stew are highly seasoned with peppers of different kinds.

[4] Cf. Appendix B for composition.

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laborious and the product bitter to the taste. European salt is much better liked, but it is hard to get except in districts near white stores. In distant parts of the country both European and Mpika salt are used for barter, and the traveller will notice as he gets farther and farther away from civilization that the purchasing power of salt goes up and that of money goes down. The white man's carriers are given salt in part payment for their work so that they may buy their provisions with it, and women prefer it to any other form of payment for small services. I have often found that children would rather be given a little European salt than a sweet, and they eat it neat. At Katenda's village during a period of shortage (March 1933) some children, who had been living for some weeks chiefly on gourds, picked up grains of salt from the floor of my tent with moistened fingers. Their avid faces were striking.

The craving for salt is so strong that the word itself (*umucele*) has come to have figurative meanings. In proverbs and folk-tales the husband goes to fetch salt from distant places, and this represents the fulfilment of his duties as a husband. In the girls' initiation ceremony the woman who dresses up as a mock bridegroom at one stage of the ritual, carries an imitation lump of salt over her shoulder, and small pieces are included among the sacred objects (*mbusa*) presented to the girl during the rite. In the ceremonial of founding a chief's new village, salt, together with flour and meat, are buried in the foundations of the ruler's hut. Nowadays, too, the word *umucele* is sometimes used as a generic term for European goods as being the most highly valued of these. Two old women who came to live near Kasama because of the shopping facilities there, described their motive as, 'We came to lick a little of the white man's salt'.[1]

(*c*) *Meat.* The natives' longing for meat is also almost a craving. Meat and fish are considered the *umunani par excellence* and a special word *ubukaukya* is used to describe the hunger for meat as distinct from other foods. The supply of game has probably always been inadequate in this area, but the situation is considerably worse to-day. I have noticed that natives returning from the copper field, however sceptical they may be of the other advantages of civilization, are all unanimous that 'It is fine to get so much meat.' In his own country it is no exaggeration to

[1] *Twaisaka kampanga tumucele.*